

Watts Cooking And Watts For Sale



FOR THE MEMBERS OF BRUNSWICK EMC

**BRUNSWICK
ELECTRIC**
Membership Corporation



A Touchstone Energy®
Cooperative



JUNE 2010

Strawberry and Spinach Salad

4 cups fresh baby spinach, washed
1 cup hulled, sliced strawberries
¼ cup chopped walnuts, toasted*
⅓ cup of your favorite
vinaigrette dressing

1. In large bowl, combine spinach, strawberries and walnuts.
2. Gently toss with dressing. Serve.

*To oven-toast walnuts, bake them on a cookie sheet at 350 degrees for 8-10 min, checking frequently. Let cool before adding to salad.



Yogurt and Corn Muffins

1 cup yellow cornmeal
1 cup all-purpose flour
½ cup granulated sugar
1 tsp. baking powder
1 tsp. baking soda
¼ teaspoon salt
2 large eggs
1 ¼ cups vanilla yogurt
¼ cup canola oil

Preheat oven to 375 degrees and lightly grease or line twelve 2" muffin tins. In a medium bowl whisk together cornmeal, flour, sugar, baking powder, baking soda, and salt. In another bowl whisk together eggs, yogurt and oil. Add yogurt mixture to flour mixture and stir

the batter until combined. Divide the batter among the muffin tins and bake for 20 min or until cooked in the middle. Let muffins cool completely.



Safety Tips

Prepare Now for Hurricane Season!

Set up your emergency kit, including:

- ▶ Drinking water
- ▶ Canned food (and manual opener)
- ▶ Essential medications
- ▶ Personal hygiene supplies
- ▶ Food easily grilled
- ▶ Blankets/sleeping bags
- ▶ Propane for grill
- ▶ Candles
- ▶ First aid kit
- ▶ Matches/lighters
- ▶ Flashlights
- ▶ Extra batteries
- ▶ Portable radio/TV
- ▶ Important papers

Pick up a free Hurricane Survival Guide at any BEMC office or visit www.bemc.org



**Tips to help you
save \$ and energy**

Staying Cool This Summer:

- ▶ Shield the sun – draw blinds and curtains to block and reflect the sun's heat from entering your home during the day
- ▶ Tune up your AC system for optimal performance
- ▶ Use your ceiling fans to cool you while you're in the room; turn fans off when room is empty
- ▶ Use a programmable thermostat to control your AC temperature
- ▶ Grill out instead of creating heat inside the kitchen

BEMC HOLIDAY CLOSINGS

Monday, May 31—Memorial Day Monday, July 5—Independence Day

WEBSITE: www.bemc.org
E-MAIL: info@bemc.org
OUTAGE REPORTING: 1-800-682-5309

CUSTOMER SERVICE:

Toll Free: 1-800-842-5871
Shallotte: 910-754-4391
Southport/Oak Island: 910-457-9808
Whiteville: 910-642-5011

Use the BPTs at these convenient locations to pay your electric bill or purchase energy for your PowerStat card:

24 hrs a day/ 7 days a week
BEMC Headquarters:
795 Ocean Hwy W (Hwy 17), Supply
BEMC Oak Island Office:
4335 Southport-Supply Rd (Hwy 211)
BEMC Whiteville Office:
2228 New Britton Hwy E (Hwy130)

NAKINA—Fowler's Supermarket
Hwy 904 / 6am-9pm Mon-Sat;
9am-9pm Sun

CHADBOURN—Hasty Mart
Hwy 410N / 24 hrs/ 7 days

WINNABOW—Handee Hugo, 6170
Ocean Hwy (Hwy17) / 6am-11pm / 7 days
SHALLOTTE—Scotchman (next to
Wendy's on Hwy 130) / 24 hrs / 7 days
SUNSET BEACH—Market Express
1798 Seaside Rd / 7am-10pm / 7 days

Watts for Sale

And Watts Cooking

JUNE 2010

FOR THE MEMBERS OF BRUNSWICK ELECTRIC MEMBERSHIP CORPORATION

This is a **FREE** service to BEMC members for advertising non-commercial items. Ads run **ONE TIME**, are limited to three lines and only **ONE** phone number. We reserve the right to edit, condense or refuse ads due to content, length or available space. Please, no email addresses, names or repeat ads. All numbers are in the 910 area code unless otherwise listed. Some mobile providers require 10-digit dialing. BEMC does not endorse items advertised and is not responsible for reliability of items. **HOW TO SUBMIT YOUR AD:** Ads must be received at BEMC by the 10th of the month for inclusion in issue mailed on or around the 23rd of the month. Please include your BEMC account number or address. **MAIL:** BEMC, ATTN: Watts for Sale, PO Box 826, Shallotte, NC 28459. **FAX:** 910.755.4299 **E-MAIL:** watts4sale@bemc.org. Issues are available at BEMC offices and can be viewed at www.bemc.org and click on News Room.

'87 Camper trailer, \$2700; Storm windows, 640-1169.
25 Dean Martin VHS tapes, Celebrity Roasts; 1 Best of Variety Show tape, pd \$346. Neg. 579-3756
New Limited Edition Ford Mustang leather jacket, w/ tags, xxl, \$50. 619-2046
Air compressor; Gas heater, Purifiers. 842-7934
2BD/2BA Brick house, OIB, pool, tennis courts, \$229000. 754-5742
Electric sewing machine, \$85; Lane cedar chest, \$150; Craftsman work bench/tools \$100. 287-3250
Sears bumper pool table, cover flips for poker table, \$110; Triple dresser w/mirror, maple finish, \$100; '86 4x4 Ford Bronco II, \$1200. 842-6634
20 acres, Ash Little River Rd, \$399900 OBO; 1.29 acres on Hwy 17 near new CVS, \$139900. 398-4694
Queen sleeper sofa/loveseat, yellow flower print, \$750. 579-5956
'07 Winnebago RV, 38', gas, 12500 miles, 754-2455
'05 HD low rider, lots of extras, 7300 miles, 642-4482
'97 Sea Hunt 153 Triton boat, w/'97-60 hp Mercury outbd motor/EZ Loader trailer, \$3995 OBO. 608-0193
Pool, above ground, w/instructional video for set up. \$100 OBO. 754-5110
Collectable dolls/Curio cabinets, 616-7530
'92 Chev truck, \$3895; '02 VW Beetle, diesel eng, \$8995; '02 GMC Envoy, 45000 miles, \$11495; '94 Albemarle 27' twin Volvo engines, \$45995. 842-5252
'92 Ford F150, flare side, 4x4, auto, \$3500; Stamina Ux2 air bike, \$90; Roadmaster mtn sport 3 sp bike, gel padded seat. \$120. 846-3437
Queen bedroom suite, 6 piece, solid oak, \$1100. 540-1134
6 Royal Palm Turkeys Poults, very rare breed; Chickens. 253-578
Fabric, \$2/yd; Yarn, \$1/skein; Oak Armoire, 41x76, \$150; Sm computer table, \$25; 3 section entertainment center, \$300; 2 sew machines, \$40; Fabric. 575-6225
Aluminum tool box, for compact truck, \$100; Large dog fence, \$100; Walk-in freezer/cooler for truck body, \$200; Garden tiller, \$200. 579-5031
Antique wooden chair, \$100; Antique 4 drawer chest, \$300; Baby jogger, \$75; Corner tv cabinet, \$30; 579-1817
Whirlpool stove, 473-0788
Twin bean sheller, \$800. 579-5031
40' Boat slip, St. James Marina, \$95000. 393-7722
Marquis/Rendezvous hot tub, \$750. 842-4262
Super Swamper's, w/pro comp wheels, Swamper's 29x10, rims 15x8, \$800 firm. 443-2192
Troy Built, red, 42" cut, \$900. 840-2991
Craftsman 30-200 amp Home N Shop Arc Welder, complete w/manual/extras, \$75. 579-3041
'02 Lincoln Blackwood pickup truck; '98 Dodge Ram truck, 5sp; '93 Chevy Diesel Dually, 654-3868.
H O Medic recliner chair, electric back massage and other options. \$100. 269-4178
Dark wood coffee table, 60x30x15, end table 27x27x22 w/beveled glass inserts, \$150. 399-3063.
Parking meter table lamp, real meter, takes coins, \$75.OBO. 754-3944
White dresser, 60x63x19, 6 drawers, 3 cabinets, \$300; GE Stove, white, black glass-top, \$285, at OIB. 704-906-3988
Sansui G3500 Stereo Receiver, 90 watts, loaded, low use, \$70 OBO. 579-5609

Three Wyland dolphin sculptures, 1 bronze, 2 blue acrylic artist proofs, signed & numbered w/ certificates of authenticity. 910-454-9569
19 1/2 Ft. Sea Fox Boat, center console and t-top with 115 Johnson Motor, nice with lots of extras. 575-5156
Queen size sleeper sofa, \$225. 575-3999
Sampo Scooter, 49 cc; 200 miles, \$700. 575-7952
Kenmore upright freezer, 14.5 cu, \$50. 575-2703
'06 BMW K1200LT motorcycle, loaded, garage kept, purchased new in '07 21000 mi. \$12,500. 575-2703
Ladies' tap shoes, Bloch 8.5M; Capezio 7.5M, nearly new, \$25 per pair. 454-9435
Ovation Celebrity acoustic-electric guitar with hard shell case, mid-depth bowl back, model# CC026. \$300. 754-8972
Bean Bag Set, artistic golf design, 2 boards, 8 bags, \$90 OBO. 579-4832
Craftsman self propelled lawn mower, 6.5 hp 21" cut rear bagger, key or pull start, \$200. 579-4915.
6' Bedliner, for Ford Ranger or Chevy S-10, \$50. 995-2355
Garmin eTrex Legend personal navigator, in box \$25. 371-9643
Ocean Front condo-Ocean Isle, \$225000/negotiable, 2BR/2BA, pool. 919-801-3000
Bicycle built for two, \$150. 383-9869
Tap shoes, Capezio, 8M, \$8; Sansha, 7. \$8; both light color. 842-3537
3BR/2BA Condo in Crow Creek, 1st floor end unit, many upgrades, furnished. \$225000. 610-597-7220
2BD/1.5BA condo, Horseshoe Rd, Little River, pool, \$55k. 843-421-2950
Trailer in Apache Campground, 18'X30', 30' porch, '84 Rivera, sleeps 2-6(1Q), as is \$7,000, or move off land \$3,500. 609-890-8259
17' Seaswirl boat, 90 hp Evinrude motor, E-Z load trailer, '95, original owners, low hours, kept in dry slip since purchase, extras. 799-6567
Mtn.Cabin, Jefferson, 2BD2BA, garage, possible owner finance. \$169000. 619-3619
Girls kitchen set, \$40; Boys firefighter truck bed w/ mattress for \$65. 200-0499
'05 Triumph Bay boat & trailer, 19', 067115 hp Yamaha 4-stroke engine, t-top curtains, 2 pedestal seats, many extras, low hrs. \$9800. 454-4163
5BD/4BA ICWW home, Holden Beach mainland, \$95000 OBO. 619-3619
'06 Stratos Pro XL275 Bass boat, Yamaha 115 hp mtr, GPS/fish finder, on board battery charger, \$9500. 843-617-7460
Battery-operated trolling motor from a Fish & Ski Boat, hardly used. \$100 OBO. 263-5058
Leather swivel recliner chair w/ottoman, taupe color w oak bases, \$225 OBO. 399-7035
'66 Chevy Impala, 327 auto, PS, 50K original miles, fully restored, \$16900 OBO, 579-3743
TV Armoire, light Oak w/matching bookcase, \$300 for both pieces. 579-3443
.75 carat engagement ring & ring guard, white gold size 7 \$2500 OBO 575-0323
Power chair, Jet 3 Ultra \$900, 579-5540
Sony Trinitron 27" TV, color table model w/remote control, great picture, \$150 OBO; Weider weight bench w/110 lbs weights & bar, \$75. 575-4335
Lot, beautiful lot, easy access to beach, at Lake Gaston. \$139K. 575-2723

2 new bar stools, 24" height, metal frame, brown fabric cushion seat, \$120. 579-3323
16ft fiberglass canoe. 70lbs, yellow, \$400. 278-3457
19 1/2 Ft. Sea Fox boat/trailer w/115 Johnson o/b motor, center console, t-top, extras. 575-5156
'86 Pontiac Gran Prix, 8cy 305, 250,000 mi, new tires, alumi rims, \$3500. 654-3114
GE Profile electric range, glass top, 4 burners, warmer/ bridge burner. self-cleaning oven, 4 racks, \$495. 278-3190
CKC Yorkies, female \$700, males \$600, ready to go to new home on May 21, 2010. 253-5380
2BD/2BA '03 s/w mobile home, scr. porch, deck, stg. bldg. w/elec., nice lot/yd., ICW access/pier, \$129,000 843-423-0190
Inversion table, only used few times, 653-9417
'83 GW Trophy 25 walkaround, Rolls aluminum trailer, project boat, \$3500. 278-1369
'06 Red Ford F150 S. Cab XL, \$13700; '08 Black Ford F150 S Crew, loaded, bup camera, less 16k miles, garage kept, \$28000. 842-2259
Brazilian Cherry hardwood flooring, 800 sq ft, ¾"x4" tongue & groove, pre-finished, \$1800. 575-7600
'05 Ford Escape XLT, 4wd, 1 owner, service records, v6, 26mpg, \$7500. 754-4827
Hospital bed & mattress, good cond, \$75. 579-6222
26' RV, Fleetwood Tioga c-class, 85k mi, fully self cont; '94 Ford 7.5l, \$12450. 846-2411
'01 Hyundai Elantra, 64k miles, \$3000. 579-4123
Biktoberfest timeshare, week 41, The Maverick, Ormond Beach, FL deeded, oceanfront, pool, restaurant, sleeps 6, \$600. 575-2389
Townhouse, 4BD/3.5BA, garage, elevator, gated, clubhouse, pools, extras, Rivers Edge. 843-399-3182
Engagement ring, ¾ carat, \$700. 253-0010 after 2pm
Aluminum 2-seater woven web glider, \$30. 575-5363
Lot at Calabash Acres, 1082 Wilson Ave, quiet street, backs to woods. \$38000. 619-8876
Pride scooter, used 6 months, \$700. 279-9039
Petco dog training crate, #2, 17" tall x 22" long, \$60; Deluxe baby gate, \$15. 363-4060
Powerflex 255 lb. Weight Set w/weight tree and attachments. \$210. 287-6223
Traditional Maple king bedroom suite, bed, triple dresser, high dresser, 2 night stands, \$300. 579-6522
Time Share, Sheraton Desert Oasis, Scottsdale, Arizona. 612-8154
Yamaha Clavinova 88-Key Electronic Piano w/ bench, many features, \$600; 363-4001.
'94 GMC Z-71 4x4 pickup, runs good, 189,000 miles \$3600; 12' Jon boat \$200. 278-4763
Oak dining set, blond Oak table, open hutch, side board w/ceramic tiles inlay, 315-546-5476. \$700 OBO
Land, Canton, NC, 1 ½ acres cleared, septic tank permit on file unrestricted w/stream bordering property, view of mountains, \$68000. 734-0445.
Power chair, \$500; Vehicle lift, \$300. 234-5919

SAVE THE DATE
Saturday, Sept 25–
BEMC Annual Meeting